I. Gurdon E-4, 5 (no date) 1907 ART Khasi ART

It will be seen that in the three years following the earthquake of 1897 the exports fell very low indeed. Since 1901 the trade has been steadily recovering, and the exports of 1904 reached half a lakh of maunds.

It will be observed that there has been some improvement, but the exports are still not half what they were in 1881-82. There are two kinds of sweet potatoes grown in the district, the Garo potato (*u phan Karo*), which appears to have been introduced from the Garo Hills, and *u phan saulia*, the latter being distinguished from the Garo potato by its having a red skin, the Garo potato possessing a white skin. These kinds of potato are planted on all classes of land except *kali*, they do best on jhumed and homestead lands. The yam proper (*u phan shyerah*) is also largely grown. The small plant with an edible root called by the Khasis *u solphang* (*Arundinaria ventilis Benth.*), is also largely grown. The roots of the plant after being peeled are eaten raw by the Khasis. As far as we know, this esculent is not cultivated in the adjoining hill districts. Job's tears (*coix lachryma-Jobi*)* are extensively grown, and are planted frequently with the *solphlang* mentioned above. This cereal forms a substitute for rice amongst the poorer cultivators. Maize or Indian corn (*u rice kadrom*) is grown frequently, thriving best on homestead land, and requires heavy manuring; it is grown in rotation with potatoes. Next in importance to rice comes the millet (*u kvai*), as a staple of food amongst the Khasis. There are three varieties of millets generally to be seen in the Khasi Hills:—*u 'vai-sah* (*setaria Italica*), *u 'vai-shon* (Paspalum sanguinale), and *u 'vai-trah* (Eleusine coracana). *U 'vai-shon* is cultivated in rotation with the potato, *u 'vai-sah* and *u 'vai-trah* are generally cultivated on jhumed land, where they thrive well. Millet is sometimes used instead of rice in the manufacture of spirit by the Khasis; *u rymbai-ja* (*phaseolus calcaratus*), and *u rymbai khang* (*glycine soja*) are beans which are cultivated occasionally. Khasis highly prize the fruit of the plantain, which they give to infants mashed up. The following are the best known varieties:—*Ka kait khán, ka kait siem, ka kait kailwit, ka kait kamaw, ka kait shyieng.*

* Khasi *u sohriew*.